

NASA LANGLEY CHILD DEVELOPMENT CENTER

STUDENT MENU

Menu 1 On a Cyclical Cycle

	Breakfast	Lunch	Snack
M O N	Cheese toast Diced peaches Milk	Vegetable beef soup Crackers w/ cheese Sliced Apples Milk	Oatmeal cookies Apple juice
T U E S	Pancakes w/ syrup Banana half Milk	Spaghetti w/ meat sauce Green beans Diced pears Sliced bread Milk	Goldfish crackers Apple juice
W E D	Tator tots Fruit cocktail Milk	Turkey sandwich Celery or carrot sticks Pineapple tidbits Milk	Tortilla Chips Cheese Dip Apple juice
T H U R S	Banana muffins Mandarin oranges Milk	Fish sticks Sweet peas Applesauce Bread Milk	Trail mix (cheerios, chex, raisins, marshmallows)
F R I	Rice krispie cereal w/ milk Orange juice	Chicken nuggets Mixed vegetables Orange or apple wedges Milk	Mixed fruit Milk

Substitutions for:

- Cheese toast or cheese sandwich or peanut butter toast, ham, turkey or bologna sandwich
- Crackers & cheese or peanut butter crackers
- Macaroni & cheese or chicken noodle soup or chicken & rice soup
- Pizza or English muffin with tomato sauce or spaghetti sauce base, topped with either sausage, hamburger, ham or turkey
- Biscuit or peanut butter toast